JOVOVICH DIVERSIFIES TRIES HAND AT DRAMA, COMEDY {page 16}

EVEN THE KIDS MIGHT LIKE IT GET THE BEST OUT OF BROCCOLI {page 26}

RESP HOW TO MAKE USE OF 'BEST DEAL GOING' {page 28}

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B.C. to hold vote on HST

Referendum to take place September 2011 Vote expected to cost $30 million Issue of what to do about $1.6 billion received from Ottawa remains

British Columbians will get to decide whether to dump the much-hated HST in a referendum next year after Premier Gordon Campbell said he'll abide by whatever voters decide.

The law requires that 50 per cent of registered voters cast ballots in favour of ditching the tax. That same threshold must be met in at least two-thirds of the province's 89 ridings.

But Campbell said he'll dispense with all of that.

"I believe that it's appropriate to say to people if 50 per cent of the people that show up to the polls vote against the HST, then we'll get rid of the HST."

THE CANADIAN PRESS

MORE COVERAGE, PAGE 6

Canucks. Captaincy

▶ Roberto Luongo talks to reporters at Rogers Arena yesterday.

JEFF HODSON/METRO VANCOUVER

C you later, Captain Canuck

Vancouver Canucks goaltender Roberto Luongo, the NHL's first goalie-captain in six decades, announced yesterday he was relinquishing the captaincy in order to concentrate on his play. General manager Mike Gillis said players will be evaluated through training camp and the pre-season and he will wait for one of the players to step forward into the role of captain. Story, page 6.

Wellness

Stay in peak form

Vanquish those man boobs Can junk food fit into a healthy diet? Surfing your way to fitness, and more {pages 22-25}

Book dishes dirt on Gaga

Ex-assistant claims star can't sleep without company {page 17}

Ladies, follow the money: Italian PM

Advice to seek rich men 'not unrealistic,' he says {page 10}

Living cheque to cheque

Canadians not saving enough in case of job loss: Survey {page 3}

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1 news

Stepdad could face life sentence

An Abbotsford man has pleaded guilty to murdering his five-year-old stepdaughter because he wanted to spare his wife and family the anguish of a trial, his lawyer says.

Peter Wilson pleaded guilty to first-degree murder yesterday in U.S. Superior Court in Shelton, Wash., near Seattle.

Wilson was charged after the death of Clare Shelswell in late June.

Shelswell was killed while vacationing in Hoodsport, Wash.

Wilson, 30, was accused of slashing the girl's throat after arguing with her mother about discipline.

He told investigators he takes medication for bipolar disorder and initially pleaded not guilty to the murder in July.

Investigators said Shelswell's throat had been slashed through the windpipe and Wilson was "stoic" as he was taken into custody.

FACEBOOK.COM

▶ Shelswell

Gary Burleson, the prosecutor in the case, said the standard sentence for first-degree murder with no prior criminal record is about 20 to 26 years.

There's an additional two-year sentence for committing the crime with a deadly weapon.

Burleson said because of the aggravating circumstances of the case, he intends to ask the court for an exceptional sentence.

"She was a vulnerable victim, she was dependent on him," he said in an interview.

Wilson will be sentenced Oct. 22.

Burleson wouldn't disclose what sentencing range he'll ask of the court.

The maximum sentence is life in prison.

Wilson's lawyer said there were no family members in court during yesterday's proceedings.

He declined to comment on Wilson's state.

Wilson was arrested after police were called to a Hoodsport cabin on June 27.

THE CANADIAN PRESS

Street storage facility in jeopardy

More than 200 homeless people use the facility daily Shutting down would result in seven lost jobs

SARAH N. FITZGERALD
VANCOUVER@METRONEWS.CA

SARAH N. FITZGERALD/FOR METRO VANCOUVER

▶ Colin Windsor and his girlfriend, Brianne, who did not give her last name, prepare their cart for storage at First United Church yesterday.

A unique storage system for the homeless near East Hastings and Main Street is being threatened with closure because of lack of funds.

Opened in October 2009, the First United Church's belongings and cart storage facility has helped more than 1,200 people by providing them with a free and safe place to keep their possessions.

"It takes a load off my mind," said Colin Windsor, who's been using it for nine months. "Carrying around bags of personal belongings is strenuous and takes a lot out of you. Having a spot to put it all gives me hope."

The 1,000-square-foot facility stores suitcases, shopping carts, and has 155 tub-sized totes where people can keep anything besides alcohol, drugs, food and weapons. There's also no time limit. This is a relief to Windsor, who plans on storing his stuff while he receives addiction-related treatment.

Rev. Ric Matthews said the facility is priceless to those who use it.

"Having a place to store belongings is often the first step off the streets for people who are homeless, and it helps to encourage a sense of dignity."

How to help

You can help the facility win $25,000 and stay open by voting for them at refresheverything.ca/firstunitedchurch.

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Dashing Dachshunds delight the crowd at Montreal's third annual Weiner Dog Race. See the video at metronews.ca/canada

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SCANLIFE

Attempted hit on guard renews calls for cellphone jamming software in prisons. Scan code for story.

Witness warns of doc fallout

A witness at the B.C. Rail corruption trial yesterday described to jurors the potential fallout if confidential documents had fallen into the hands of one of the bidders.

"It contaminates the process and clearly, potentially destroys the integrity of the process," said witness Brian Kenning, a former director of B.C. Rail.

Kenning was testifying at the trial of former provincial employees Dave Basi and Bobby Virk, who are accused of trading private government information in exchange for cash, meals and NFL tickets.

The trial resumed in B.C. Supreme Court yesterday following a two-month summer break, as jurors were handed a binder of documents.

THE CANADIAN PRESS

THE CANADIAN PRESS FILE

▶ Dave Basi

News in brief

Flyer detained over weekend

AIRLINE. A passenger on a WestJet flight from Vancouver was temporarily detained and later released after an incident onboard a flight that landed at Ottawa International Airport Sunday night.

THE CANADIAN PRESS

Be on lookout on SkyTrain

ASSAULT. Vancouver police issued a public warning yesterday after a 20-year-old woman was groped after exiting the Cambie Street/West King Edward Avenue SkyTrain station.

A man reached from behind and groped her Sunday, some time after 12:30 a.m.

METRO VANCOUVER

JASON KEMPIN/GETTY IMAGES

60 seconds

A.R. RAHMAN

"SO MUCH OF INDIAN CULTURE ... (HAS) TAKEN OFF IN A BIG WAY"

Indian composer A.R. Rahman, who wrote the Grammy Award-winning song Jai Ho from Slumdog Millionaire, will be at the Pacific Coliseum tonight for the Vancouver stop of his world tour. Metro caught up with Rahman on his way to the airport.

How has the success of Slumdog Millionaire made South Asian music more popular in the West?
It had to some day, and the whole success of the soundtrack has helped so much. There's so much of Indian culture — like music and yoga — that has all taken off in a big way (here).

Why did the soundtrack resonate so much with people here?
Normally when you (think of) Indian music you (think of) a Ravi Shankar with sitar, which is good but it doesn't interest young audiences. This has drum and bass and rock, and makes it more accessible.

What's changed now that you're famous in Bollywood and Hollywood?
I just pay more taxes now.

If there were one Bollywood film that Vancouverites should watch, what would it be?
Raavan. (A Hindi film about a bandit leader who kidnaps and then falls in love with a policeman's wife).

What's your newest project?
My next project is (the soundtrack) for Danny Boyle's 127 Hours. It premiered (Monday) night in Toronto.

KRISTEN THOMPSON

Canadians not saving for job loss

- Nearly half of Canadians are only saving five per cent or less of net pay
- 60 per cent of British Columbians feel the economy will improve

KRISTEN THOMPSON
@METRONEWS.CA

If you live paycheque-to-paycheque and would be up the creek if your income were delayed by even a week, you're not alone.

According to a survey released yesterday by the Canadian Payroll Association, 59 per cent of us don't have enough saved up to pay for next month's necessities — such as rent and groceries — if we suddenly got laid off.

Patrick Culhane, CEO of the association, said even people in high-income brackets are struggling and it's an issue of budgeting, not making too little.

"People aren't necessarily thinking through the impact of long-term debt," he said.

Tom Clarke, a single father in Vancouver, said he and his friends live paycheque-to-paycheque.

"It seems my wages have been going down every year.

"It's making it harder to save money," he said, adding that spending habits are also a factor.

"I spend a lot more than I should. I've got a daughter ... so I'm having to help her out. Being single, it's hard."

Another Vancouver woman, who asked to remain anonymous, said she lives paycheque-to-paycheque as a lifestyle choice.

"I have other personal interests ... as opposed to making as much money as I can," she said.

WITH FILES FROM STEPHANIE ORFORD

Have your say online at vancouverletters@metronews.ca

STEPHANIE ORFORD/FOR METRO VANCOUVER

▶ Tom Clarke says he lives paycheque-to-paycheque.

Four basic tips to ensure your financial security

If you're tired of living paycheque-to-paycheque, Patrick Culhane said there are easy steps you can take to improve your finances:

1 Put aside 10 per cent of your net pay.

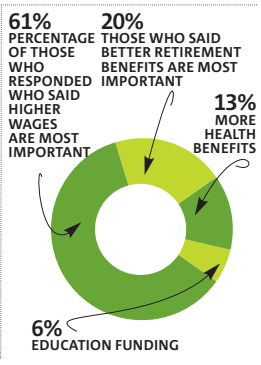
2 Create an emergency fund so you have three months of living expenses set aside as a nest egg.

3 Cut down on frivolous, minor spending — such as expensive coffees.

4 Talk to a financial adviser.

65%

The younger workforce is having the greatest trouble meeting their expenses, with 65 per cent of those aged 18-to-34 saying it would be difficult for them to meet their financial obligations if they missed one paycheque.



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1 in 4 Lower Mainland 4th graders unhappy: Study

More than half of kids surveyed said they did not like what they were doing after class Majority said they would like to play sports

A new study found that 26 per cent of Grade 4 children in the Lower Mainland report they are unhealthy and unhappy.

The well-being of the 3,026 students surveyed also depended on what neighbourhood they were from. Children from well-off neighbourhoods tended to be happier than those from poorer neighbourhoods.

"Supportive relationships were a major predictor of overall well-being, and not just with parents," said Dr. Kimberly Schonert-Reichl, principal investigator of the study and associate professor at UBC's department of educational and counselling psychology, and special education.

She found that after-school activities, physical health, and positive relationships with peers and adults were all associated with well-being. Schonert-Reichl recommends "quality, subsidized after-school care for everyone, with a range of activities that are responsive to children and family's needs."

She developed the measure of well-being with the Vancouver School Board, United Way of the Lower Mainland, and UBC's Human Early Learning Partnership over the past four years, and conducted the survey in January 2010.

Schonert-Reichl said she hopes her findings will be "a way to engage, instigate discussion, and rally the troops to get to action."

STEPHANIE ORFORD

Happiness ranks

Neighbourhoods with highest children's well-being:
- West Point Grey
- Vancouver Downtown
- Shaughnessy

Neighbourhoods with lowest well-being:
- Renfrew-Collingwood
- Victoria-Fraserview
- Killarney

Invest now, prevent crime later

Investing in early childhood development will save governments millions in preventing future crimes, according to a report released yesterday by the Vancouver Board of Trade.

The report, Kids 'N' Crime, finds that diverting a child from crime can save more than $2 million in future crime and taxpayer costs.

From pregnancy to five years of age is identified as a critical stage. The report recommends that governments spend money on programs like parenting education and preschool to keep children away from lives of crime.

METRO VANCOUVER

News in brief

Woman loses baby after crash

COLLISION. A pregnant woman was taken to hospital in critical condition after being in a car crash in Surrey. RCMP say the victim, who was riding in the backseat, lost her baby as a result of the trauma. She was one of five passengers in a Toyota Tercel that, according to police, appeared to have run a red light.

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Luongo steps down as Captain Canuck

- Goaltender said he does not regret assuming the C two years ago
- Pressure was not a factor in his decision, he says

JEFF HODSON
@METRONEWS.CA

The first goaltender to serve as an NHL captain in 60 years has surrendered his captaincy to concentrate on his game and help the Canucks win.

"I had a tough time deciding," said Roberto Luongo yesterday. "I love being captain and I enjoyed the experience."

Luongo said he made the decision Sunday night and informed general manager Mike Gillis by phone.

"My focus is going to be on playing my game and helping my teammates. I'm still going to be a leader."

Gillis, in Penticton for a rookie tournament, said Luongo's decision to put the team first is a testament to the leadership that made him the obvious choice for captain two years ago.

"I know he loved being 'the guy,' the captain of this team," Gillis said. "But he felt that in order to be the best prepared to play and to win, it was in the team's best interest that we go this route."

Gillis said the team is in no rush to name a new captain and will wait for players "to step forward" into that role over the next three weeks of training camp and pre-season play.

Luongo said there were a handful of players on the team's roster that could fill the role of captain.

There will not be a rotating C, Gillis added. If a captain is not chosen by the start of the season, the Canucks will proceed with a trio of alternates.

On the tube

- All Vancouver Canucks games will be televised this year, including the pre-season games, the franchise announced yesterday as it released its regional TV schedule.
- Injured forward Alex Burrows will try his hand at broadcasting and will sit in as colour commentator for three pre-season games.

JEFF HODSON/METRO VANCOUVER

Canucks goaltender Roberto Luongo speaks to reporters yesterday at Rogers Arena.

REFERENDUM

HST vote dismays petitioners

Anti-HST petition organizers are upset that an all-party legislative committee decided yesterday to send their petition to a non-binding referendum.

Former premier Bill Vander Zalm said the referendum rules make it almost impossible to win.

The law requires that 50 per cent of registered voters cast ballots in favour of ditching the tax. That same threshold must be met in at least two-thirds of the B.C.'s 89 ridings.

"I can't believe I came to this crazy place," said Vander Zalm. "If it were a real referendum, a real democratic referendum, simple majority and binding, I'd back off."

THE CANADIAN PRESS

'It made me feel like a second-class citizen'

A Vancouver city councillor says he felt personally degraded by comments made by CSIS director Richard Fadden toward the Chinese community.

"It made me feel like a second-class citizen," Coun. Kerry Jang said yesterday.

In a June interview with the CBC, Fadden alleged foreign governments are influencing Canadian politicians, and singled out B.C., Ontarian and Chinese governments.

Apology?

- Liberal MP Joyce Murray said because Public Safety Minister Vic "Toews is (Stephen Harper's) lead minister on this issue," he should publicly apologize.

"The first thing that came to my mind was casting suspicions like this is what got the Japanese interned," said Jang.

SARAH N. FITZGERALD

Pregnant migrant to be released

A pregnant woman who arrived in B.C. aboard the MV Sun Sea with her three children will be the first of the nearly 500 Tamil refugee claimants to be freed from detention. THE CANADIAN PRESS

Mayor's contracts questioned

NPA Coun. Suzanne Anton says she wants city council to review contracts between the mayor's office and an advertising agency with ties to a pro-Vision blogger. METRO VANCOUVER

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36 survive crash in Venezuela

Cause of plane crash not yet known Aircraft's destination was eastern city of Puerto Ordaz

A plane carrying 51 people crashed yesterday in a steel mill yard in eastern Venezuela, killing 15 people on board, officials said.

Workers at the state-run Sidor steel foundry pulled people from the smoking wreckage of the plane owned by Venezuelan state airline Conviasa, and officials said 36 passengers and crew survived.

Foundry worker Frank Oliveros, 44, said he saw a huge billow of smoke after the crash, then saw the wreckage through the smoke and joined dozens of fellow employees and firefighters who rushed to the scene.

"I don't remember names ... faces," Oliveros told The Associated Press by telephone. "Our only interest was getting all the people out of there alive."

The partially scorched fuselage of French-built ATR 42 rested among barrels and shipping containers.

Fifteen people were killed after the crash about 10 kilometres from the eastern city of Puerto Ordaz, Bolivar state Gov. Francisco Rangel Gomez told reporters. Forensic experts have yet to identify six of the bodies, he said.

"A miracle occurred today," said Rangel Gomez, referring to the number of survivors.

THE ASSOCIATED PRESS

Kashmir. Clash

▶ A young Kashmiri boy shouts slogans yesterday during a protest on the outskirts of Srinagar, India.

ALTAF QADRI/THE ASSOCIATED PRESS

Deadly day in India

Indian forces fought Kashmiri demonstrators yesterday in street battles that killed 15 people — including one police officer — in the deadliest day in a summer of violence challenging Indian rule in the disputed territory.

Forces: Smuggling report unfounded

The Canadian Forces says reports British military police are investigating allegations that soldiers are smuggling heroin out of Kandahar are totally "unfounded."

Col. Tim Grubb, Canadian Forces Provost Marshal, issued a statement yesterday shooting down claims that troops from Britain and Canada were involved in the scheme.

British media had reported that Britain's Ministry of Defence was investigating claims that troops used military aircraft to smuggle drugs. THE CANADIAN PRESS

Troops as mules?

The notion that returning troops could be involved in the shipment of illegal narcotics first surfaced in 2007 with allegations that both marijuana and opium were being carted back to Canada.

An internal review by the Canadian Forces National Investigative Service noted that military police, using sniffer dogs, conducted random spot checks on troops and found no drugs.

School on RFK site opens

The site where Sen. Robert F. Kennedy was assassinated opened yesterday as a $578-million complex of public schools for thousands of students after years of disputes over historic preservation.

The two-decade effort to turn the location into an educational complex involved expensive legal disputes with conservationists who wanted to save the historic hotel from demolition, and with Donald Trump, who wanted to build the world's tallest building at the site.

THE ASSOCIATED PRESS

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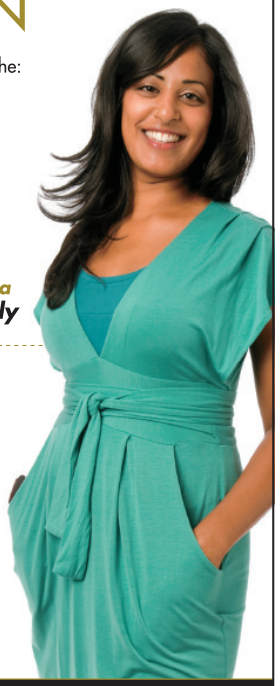

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STATSCAN STUDY

Water drying up in south

You could fill more than a million Olympic-sized swimming pools every year with all the renewable water that dries up across southern Canada, a new report says.

A Statistics Canada study released yesterday says water yield has fallen by an average of 3.5 cubic kilometres a year over the last three decades.

The agency equates the annual loss to 1.4 million Olympic-sized swimming pools. Put another way, that's almost as much water as Canadians drank and used in toilets, showers and to water their lawns during the entire year of 2005.

THE CANADIAN PRESS

'Superbugs' hit North America

An infectious-disease nightmare is unfolding: Bacteria that have been made resistant to nearly all antibiotics by an alarming new gene have sickened people in three states and are popping up all over the world, health officials reported yesterday.

Scientists have long feared this — a very adaptable gene that hitches onto many types of common germs and confers broad drug resistance, creating dangerous "superbugs."

2 The two Canadian cases were treated with a combination of antibiotics. One case was in Alberta, the other in British Columbia. Both patients had medical emergencies while travelling in India.

THE ASSOCIATED PRESS

Women should dig for gold: Italy PM

TIZIANA FABI/GETTY IMAGES

▶ Italian Premier Silvio Berlusconi gestures during a meeting with members of his People of Freedom party.

Opposition politician demands apology for Berlusconi's Hitler joke

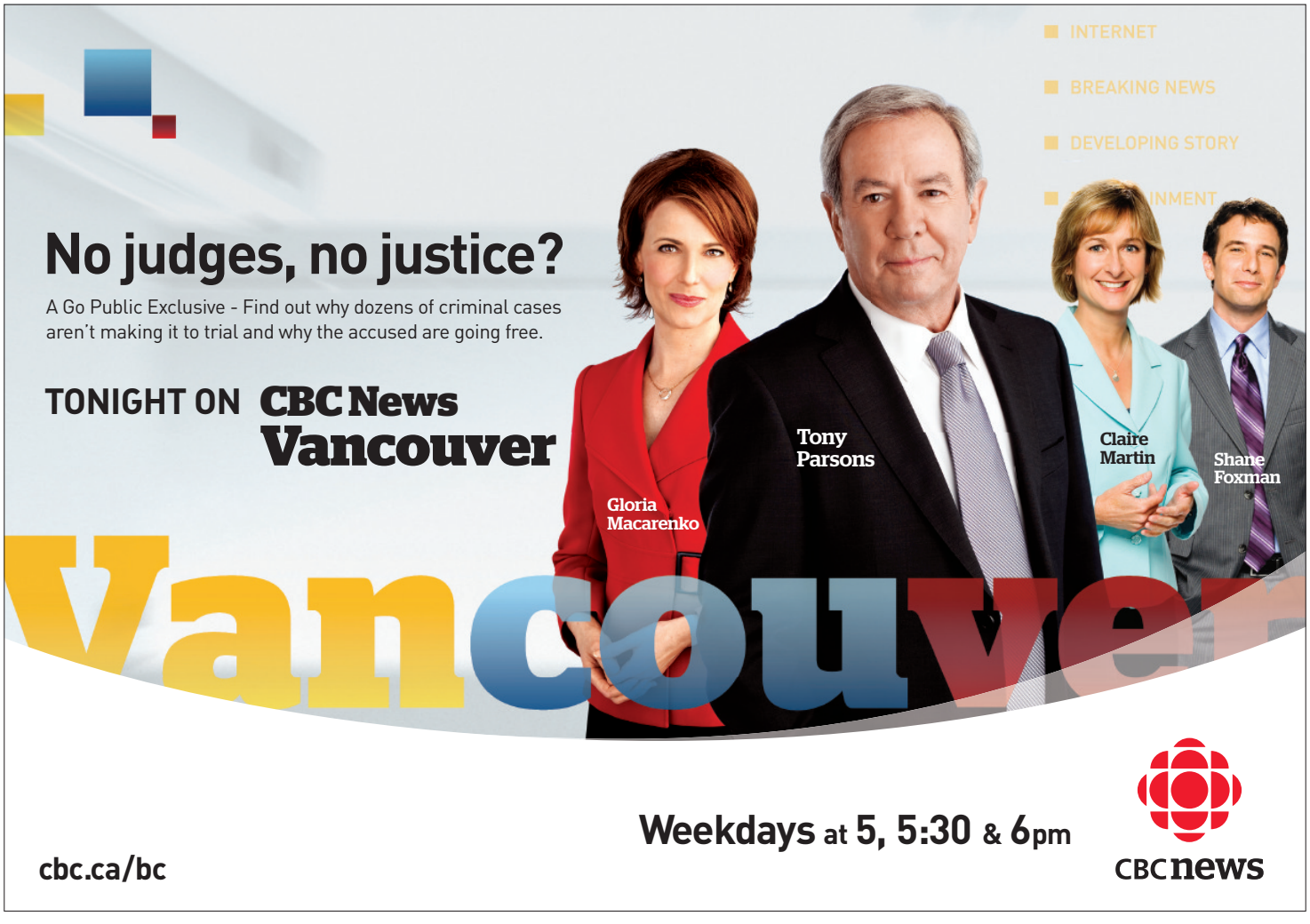
Italian Premier Silvio Berlusconi says young women should follow the money when looking for a partner, noting women seem to like him and "I'm loaded."

Berlusconi, who is known for his gaffes, also raised eyebrows with a joke about Hitler's followers urging him to return to power. The billionaire businessman appeared Sunday at a convention of the youth wing of his People of Freedom party. When questioned by one of his cabinet ministers — a woman — he joked about marriages of convenience, saying women were lining up for him because "I'm a nice guy" and "I'm loaded."

THE ASSOCIATED PRESS

Scandal-prone

- **Sex scandal** Berlusconi, 73, was engulfed in a sex scandal last year centring on his purported dalliances with young women, including an escort.
- **Separation** Berlusconi's wife, Veronica Lario, said last year she was seeking a divorce. They are now separated.
- **Denial** The media baron has said he is "no saint" but denied ever paying for sex.
- **Settlement?** In Italy, a divorce can only be sought after three years of separation. Media reports this summer suggested that Berlusconi's wife has rejected his early proposals for a financial settlement.



YouTube to begin live streaming

Ustream is the current leader in live video, with 3.2 million unique viewers in July

YouTube is making its long expected foray into live streaming by launching an experimental trial with four new media partners.

The http://youtube-global.blogspot.com/new live streaming platform will be previewed in a two-day trial beginning yesterday, but is expected to later grow considerably across the Google Inc.-owned website.

Four YouTube partners will participate: the celebrity-focused Young Hollywood; the online television outlet Next New Networks; the how-to guide Howcast; and Rocketboom, the Internet culture vlog.

Streaming

YouTube is far from the first company to step into the streaming video space.

Online Startups such as Ustream.tv, Justin.tv and Livestream have already established themselves. But YouTube remains the largest video platform on the web and is expected to quickly become a considerable force in the rapidly growing live streaming video business.

"This is just an initial trial, a first step," said YouTube product manager Josh Siegel.

"We're going to look at a whole bunch of data about the performance of our new platform and then, based on that, make decisions about how we'll open it up, with the goal of opening it up to all of our partners over time."

For the last two years, YouTube has offered numerous events live, including a U2 concert, cricket matches in India and President Barack Obama's first State of the Union address. But for all of those events, YouTube relied on third-party technology to enable the live webcasts.

TORSTAR NEWS SERVICE

Tianjin. Davos

▶ A participant walks with a plate of food at the World Economic Forum's Annual Meeting of the New Champions 2010.

NG HAN GUAN/THE ASSOCIATED PRESS

Biz forum hits China

More than 1,300 business and government participants from 85 countries are expected at the three-day World Economic Forum's Annual Meeting of the New Champions 2010, also known as Summer Davos, being held in Tianjin, China.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 52.77 (12,149.86)	+ 0.73¢ (97.34¢ US)	+ 74¢ US ($77.19 US)	$3.938 (+ 5.5¢)
			Gold contracts $1,247 US (+ 60¢)

PHOTOS AS OF 5 P.M. YESTERDAY

Canadians vulnerable to financial turbulence

Canadians are increasingly at risk to any deterioration in their financial status, including expected interest rate hikes, because of sky-high debt burdens, according to new domestic and international reports.

Statistics Canada said yesterday that household net worth fell for the first time in a year in the second quarter, mainly due to lower stock market prices. THE CANADIAN PRESS

15

In the second quarter, the key debt-to-income ratio fell from a record 148 per cent to 145.7 per cent, while the debt-service ratio fell to a four-year low of 7.2 per cent.TD Bank economist Diana Petramala says the welcome drop in these ratios was likely driven by temporary measures.

Oil spill cleanup over, says Enbridge

Enbridge Energy Partners says it has completed cleaning up oil from a leaking pipeline in Romeoville, Ill., southwest of Chicago.

The subsidiary of Calgary-based Enbridge reported the leak last Thursday and said the line was shut down within minutes.

Enbridge estimates 6,100 barrels of crude oil were released in the leak and all but 50 barrels have been recovered.

THE CANADIAN PRESS

Future is bright: Buffett

One of the biggest names in business says he sees a bright future for the economy. Famed investor Warren Buffett says there will be no double-dip recession as some fear.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE PHOTO

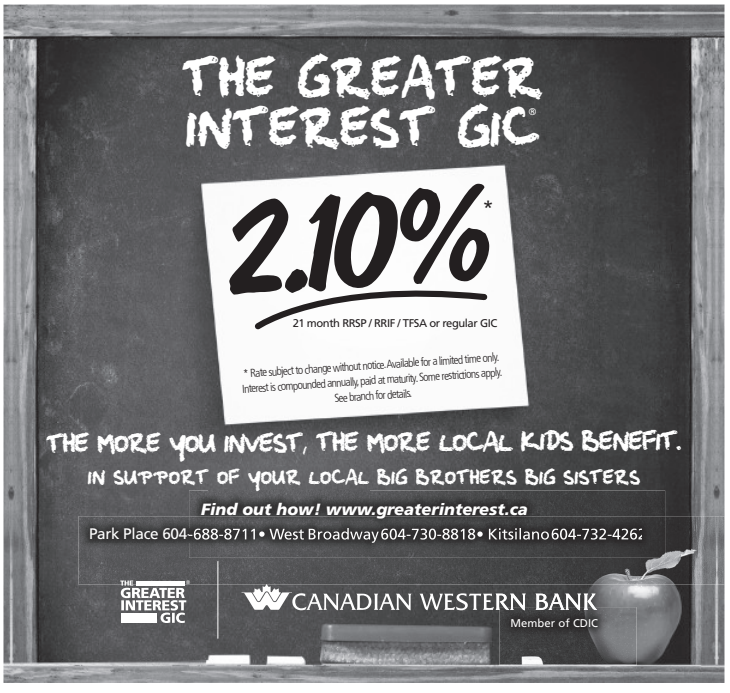
Biomedical Corp. lowers the axe

Response Biomedical Corp. is cutting its workforce by 25 per cent to reduce expenses as the Canadian maker of rapid medical tests changes direction.

The Vancouver-based company said yesterday the downsizing is due in part to a change of plans by partner 3M Co., which has decided against developing a next-generation rapid test for detecting flu.

The two companies have collaborated since 2006 and came out with their initial test for influenza A and B in 2008.

THE CANADIAN PRESS



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BEST FRIENDS FOREVER ... AT WHAT COST?

She says ...

JESSICA NAPIER

They say good friends can enrich your life, but what happens when hanging out with your rich buddies leaves you feeling broke?

In my 25 years I like to think I have acquired a fun, diverse group of friends. But while we are all smart, hard-working people, we are compensated very differently. Some are high-priced lawyers, bankers and people of the corporate persuasion. And then there are those of us who are slugging it out in the service industry, fulfilling unpaid internships or freelancing for pocket change.

So what is the price of being good friends with people who earn significantly more than you?

Surrounding yourself with financially successful individuals can be both motivating and inspiring. However, trying to fit in with friends who earn supersized salaries can also leave you feeling jealous and insecure. In other words, you're "frenvious."

It's hard not to live beyond your means when trying to keep up with your suit-clad social circle. Whether you're splurging on a lavish night out or expensive wedding presents, there's plenty of room for financial tension when budgeting for your friends' expensive tastes.

Sometimes, well-meaning friends can be insensitive to the diverse income brackets that exist within the group. Hosting your birthday party at a pretentious resto with heart-attack inducing prices is one thing. But ordering a pricey bottle of Merlot plus a charcuterie platter for the table and expecting everyone to split the bill is ridiculous. Especially when your slightly more impoverished friend only ordered a salad and tap water. And FYI, she told you she "wasn't that hungry" because she looked at the menu online beforehand and ate a hearty predinner snack after realizing she wouldn't be able to afford an entree.

"Even among close friends, the topic of money still remains relatively taboo."

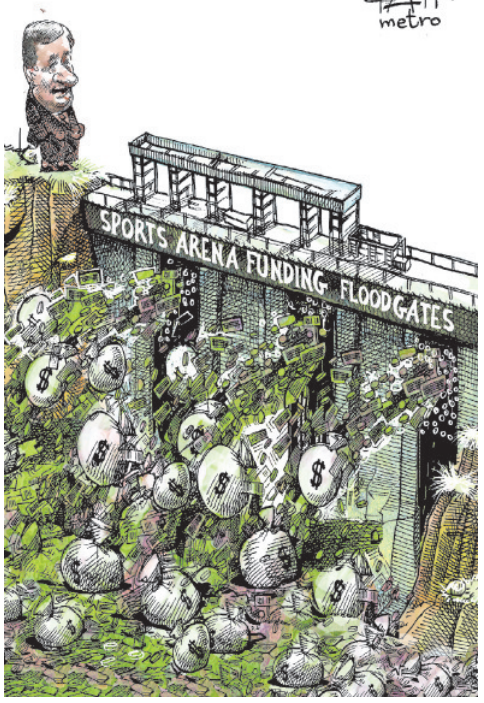
Over time, the salary gap can continue to widen. Some friends get promoted while others plunge into debt as they head back to school. Dealing with this increasingly large divide is tricky terrain. Even among close friends, the topic of money still remains relatively taboo. I always wonder why we're willing to divulge all the intimate details about our sex lives, but discussing our bank statements seem to be in poor taste.

Ultimately, it's important to remember that while good friends might be priceless, friendship doesn't have to come at the expense of your financial security.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Canadians take back seat

Letters & Tweets

Re: Cheap seats not getting cheaper (Sept. 14)

VANCOUVER. Perhaps the reason cheap seats, as well as all tickets, are getting more expensive is because we as Canadians are having to support the struggling U.S. teams in Phoenix, Atlanta, Florida, Nashville, Tampa Bay, etc. I can't believe this continues to go on. Why people don't revolt is beyond me!
BOB ROGERS

Re: Too many suits at Canucks games? (Sept. 14)

What's a real fan? If you happen to be privileged to have season tickets and you wear a suit to a hockey game after working downtown how does that make you not a real fan? The Canucks are a business and can charge what they feel the market will bear. This may squeeze out fans with smaller paycheques, but that does not make them more of a fan than those in a higher income bracket. **AARON KALINOWSKI**

Re: Cabinet rallies around premier (Sept. 10)

VERNON. Enough already! Let's get the best interests of all British Columbians back on the agenda, put the matter of the HST to a vote in the legislature and then get on with governing our province. **LLOYD ATKINS**

Time to revolt?

JEFF HODSON/METRO VANCOUVER FILE

What three things can you not live without?

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Metro Minute with Drop Zone Vancouver

Instead of staring blankly into your bowl of cereal during breakfast this morning, tune in to Citytv's Breakfast Television to catch host Dawn Chubai and Metro reporter Kristen Thompson rappelling down a 20-storey building. At 8:45 a.m., the duo will be participating in Drop Zone Vancouver, an annual event daring thrill-seekers to strap into a harness and step over the ledge of a Vancouver skyscraper to raise money for Easter Seals.

Last year, more than 70 people — many of them dressed as superheroes — raised more than $228,000 for B.C. children with disabilities. The event takes place at 999 W. Hastings St.
METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER FILE

▶ Nanci Anderson rappels down an office building in Vancouver for the 2007 Easter Seals Drop Zone.

▶ Dr. Lisa Masterson (second from right) is flanked by her male medical peers on the popular TV show The Doctors.

The doctors return for a third season

Syndicated show gives viewers digestible, quick and healthy info they can use on a daily basis ◐ Women's health issues being made a priority

Dr. Lisa Masterson has her work cut out for her on the Emmy Award-winning TV show The Doctors as it enters its third season this week with women's health issues an increased priority.

Masterson is being asked to lead the charge. "I am loving that," said Masterson, an obstetrician and gynecologist. "Being the only female on the show and the voice of women is something I take really seriously."

The Doctors is offering its female-skewing audience a segment titled, Ask Dr. Lisa, which promises candid answers to viewer and studio audience questions, and The Motherhood Survival Club, with celebrities and average moms sharing their child-rearing experiences.

People want information about everyday concerns, said executive producer Jay McGraw (son of Phil McGraw). Larger health care issues aren't on the agenda.

"Being the only woman on the show ... is something I take really seriously."
DR. LISA MASTERSON

"Viewers don't have questions for us on health care reform. They have questions for us on, 'What do I do today to get better tomorrow?'" McGraw said.

The show's answers range from home remedies for swimmer's ear to solving the mystery of whether a child's congestion stems from allergies or infection.

The show, McGraw recalls, did a segment on the "five colours of snot" to identify which should prompt parents to get medical help for their youngster.

THE ASSOCIATED PRESS

Other doctors

Joining Masterson are emergency room physician Dr. Travis Stork, plastic and reconstructive surgery expert Dr. Drew Ordon and pediatrician Dr. Jim Sears.

- **All the doctors agree that** hearing from viewers they've helped is welcome medicine.
- **The series** averaged more than 2.6 million daily viewers last season.

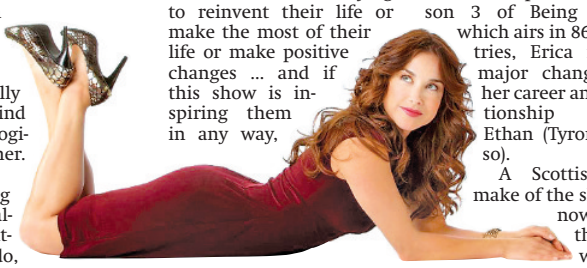
Being Erica star hears from fans inspired by show

The CBC-TV series Being Erica, about a woman who gets a chance to go back in time to fix her regrets, is apparently inspiring some fans to re-evaluate their own lives.

A Facebook fan page for the dramedy, which kicks off its third season Sept. 21, has several testimonials from viewers who say the premise prompted them to make either professional or personal changes.

And Gemini Award-winning star Erin Karpluk says she often hears similar stories from fans.

"One woman said 'I really want to find my biological mother. That's something that I've always wanted to do, it's a huge regret of mine'," Karpluk, 31, recalled. "To hear from someone trying to reinvent their life or make the most of their life or make positive changes ... and if this show is inspiring them in any way, that makes me so happy and excited," she added.



In the upcoming Season 3 of Being Erica, which airs in 86 countries, Erica makes major changes in her career and relationship with Ethan (Tyron Leitso).

A Scottish remake of the show is now in the works.

"If this show is inspiring them in any way, that makes me so happy."
ERIN KARPLUK, ACTRESS

Karpluk says she's heard it may feature a male character. "Maybe they can meet and maybe they can have a time-travel session together," she added, jokingly.

THE ASSOCIATED PRESS

2 scene

Scene in brief

1 Joaquin Phoenix will appear on the Late Show on Sept. 22.

2 Oprah surprised her audience of 300 yesterday with a trip to Australia.

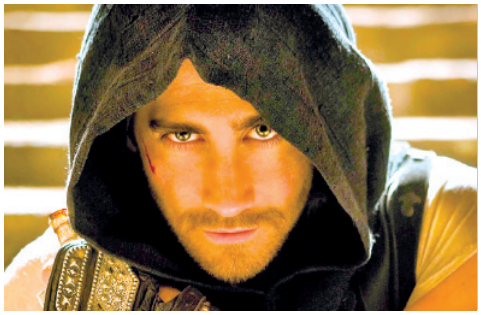
3 John Waters wants to make heterosexal divorce illegal.
THE ASSOCIATED PRESS

Review: Halo: Reach shines in multiplayer, but solo campaign falls short

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Gyllenhaal is a Prince

Prince of Persia: The Sands of Time
Genre: Adventure
Director: Mike Newell
Stars: Jake Gyllenhaal, Gemma Arterton
●●½



Most actors wouldn't thank you for describing them as a video game character.

In the instance of Jake Gyllenhaal in his title role as a gritty prince, however, such comparisons should be taken as a sincere compliment. It's not easy making something so fake seem almost real, but the normally glum Gyllenhaal nails the insincerity, finally morphing from indie wimp into blockbuster action figure.

Prince of Persia isn't just based on a video game, as so many films are these days. It blithely acts as if it still is the game, which someone managed to project onto a big screen. The camera movements mimic the up-down, left-right sweeps of twitchy gamers, weapons are constantly in use and the main actors seem impervious to natural laws.

Gyllenhaal's poor-boy Prince Dastan isn't just a champ at parkour, the jumping bean exertions that give the film great energy; he's defies gravity as if he's made of ancient Flubber.

Gemma Arterton's Princess Tamina, the object of much heavy breathing and heroic exertions, manages to keep her makeup intact even while treading across the desert and staring into sandstorms. Max Factor, are you paying attention?

A pause for station identification: the film is directed by Mike Newell, who did Donnie Brasco and also one of the Harry Potter paycheques, but it's produced by Jerry Bruckheimer, and you know what that means. Such trifles as history, logic and storytelling must take a back horse to explosions, wisecracks and ludicrous situations.

This isn't so terrible, this time out.

Depending on which of three packages you buy, extras include one deleted scene, a making-of featurette and interactive controls. ● PETER HOWELL

A period charmer

Dean Spanley
Genre: Comedy
Director: Toa Fraser
Stars: Peter O'Toole, Jeremy Northam, Sam Neill, Bryan Brown
●●●

The current Toronto International Film Festival celebrates film at its finest and most diverse. But it also reminds us that not all gold gets a chance to glitter.

This utterly charming period comedy by New Zealand's Toa Fraser was a Gala presentation at TIFF '08, with attendant hoopla at Roy Thomson Hall. Then it vanished from sight, skipping a proper theatrical release as it headed to DVD.

It's a shame, because the film showcases one of Peter O'Toole's most affecting recent performances, as a cranky Edwardian-era man who finds his heart in the most unusual of encounters.

He plays the widowed father of a put-upon London son played with weary grace by Jeremy Northam.

Their regular Thursday visits turn to tedium until the son suggests they attend a lecture on reincarnation by a noted eastern swami. There they meet an intriguing character named Dean Spanley (Sam Neill), whose enthusiasm as a dinner guest and skills as a raconteur increase in direct proportion to his imbibing of a certain rare liqueur.

Said liqueur is provided by an import-export rascal played by Bryan Brown, who also gets caught up in the astounding stories Spanley weaves. No fair spoiling the surprise, but let it be said that a cherished pet dog figures prominently in the tale telling.

The film is slow to reveal itself, but it pays off handsomely, especially in the performance by O'Toole. Dog lovers, this one is especially for you.

Extras include a making-of featurette and cast and crew interviews.
● PETER HOWELL

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

POLARIS PRIZE IS NOT PERFECT

Next Monday night much of Canada's indie music community will descend on Toronto's Masonic Temple to celebrate some of this country's top talent at the fifth annual Polaris Music Prize. While the ceremony will be a lot of fun, now's a good time to ask if Polaris has lived up to its mandate.

The award was created by Steve Jordan, a former music exec, to reward the best Canadian album released between June 1 and May 31. The winner gets $25,000, usually increased record sales and some extra attention.

Since its inception in 2006, the prize has come under some criticism, though everyone generally agrees that it's a good thing for Canadian music. A lot of people were mystified when Feist's brilliant disc The Reminder lost to Patrick Watson's Close to Paradise in '07. There was a lot of talk on the Polaris discussion board that year on whether or not Feist, who was one of the more popular artists on the short list, should win because of her notoriety. Jordan kept reminding people that it's based on merit, not popularity.

For better or for worse, that's always been an issue with the prize. The nominees generally aren't household names, yet many people would like to see even less familiar artists make the list. That doesn't help promote the prize — the more obscure the winner the less attention Polaris will receive.

Another criticism has been that the nominees aren't diverse enough.

Ultimately, it's impossible to pick the best Canadian album.

The process has adapted, but really hasn't changed much over the years. But for now, that's OK.

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SUBMITTED

▶ Band's new album, Wilderness Heart, offers departure into more concise territory.

Black Mountain trims the fat

- Two new producers draw band in different direction
- Stoned-out epics replaced by structured pop tunes

It seems a trip to the "Wilderness" actually smoothed some of Black Mountain's rough edges.

The Vancouver band is often associated with the spiralling, stoned-out epics of its first two records — both of which contained songs that unfurled past the 10-minute mark. So the concise, structured pop tunes of their new LP, Wilderness Heart, might surprise some.

"We just wanted to try something new," said vocalist Amber Webber during a recent stop in Toronto.

"The songs are tighter, to-the-point sort of songs. We came into it somewhat naturally."

In fact, the band enlisted the help of a producer — two, in fact — for the first time on Wilderness Heart, due out today.

Three tracks were recorded in Seattle with Randall Dunn, and four were helmed in Los Angeles by Dave Sardy, who has teamed up with the likes of Oasis and Wolfmother.

They helped draw the band into a different direction.

"He likes to trim the fat," keyboardist Jeremy Schmidt said of Sardy. "He's a Beatles fanatic."

Yet the move toward stripped-down song structures hasn't much changed the band's critic-approved formula.

Wilderness Heart finds the band again juggling chugging, Sabbath-scented hard-psych and druggy folk, with mythology-infused lyrics reminiscent of Rush.

"I think if it wasn't pulling in more than one direction, we'd just get bored with being dragged off in one direction," Schmidt said. "I'm as interested in making something heavy as I am something that's the opposite of that."

THE CANADIAN PRESS

Scan code to see a Black Mountain video.

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PVRTweets

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@GirlyGoose all the shows that were playing at the same time as something else I wanted to watch - gotta love timeshifting!

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CHRIS YOUNG/THE CANADIAN PRESS

▶ Jovovich juggles zombies and serious film fest roles to broaden career.

Jovovich takes on serious roles

In Stone, she plays the wife of a prison inmate who seduces a parole officer She also co-stars in Dirty Girl, a tale of a teen bad girl

Milla Jovovich does not just want to rule the box office by killing zombies.

She aims to show versatility beyond her Resident Evil action-horror franchise with a pair of movies at the Toronto International Film Festival.

Jovovich co-stars with Robert De Niro and Edward Norton in the psychological drama Stone, which premiered in Toronto over the weekend ahead of its theatrical release in October. Her second Toronto film, the teen comedy Dirty Girl, also premiered at the festival over the weekend.

"I just keep chugging away at the smaller, more interesting character studies that I get to play," Jovovich said in an interview. "The Resident Evil world is amazing. I love it and I love the action. But really, when you do the little indies, you get a chance to play the parts you don't normally play."

Jovovich, 34, led the weekend box office with $27.7 million for Resident Evil: Afterlife, the fourth installment in the series, in which she reprises her role as a superhero slaying ravenous zombies that have overrun the world.

The Resident Evil movies are overseen by Jovovich's husband, director Paul W.S. Anderson, who also is directing her in a 3-D adaptation of The Three Musketeers, which features Orlando Bloom.

Jovovich also has starred in such big studio productions as The Fifth Element and The Messenger: The Story of Joan of Arc.

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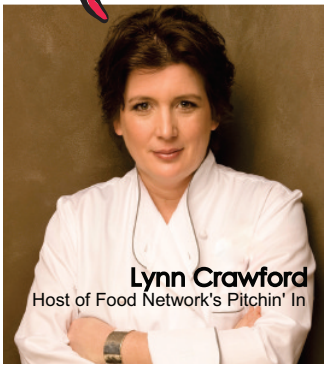

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Gaga can't sleep alone

New book on Pokerface singer alleges she is terrified to be alone Insisted former assistant shared her bed

A new book on Lady Gaga claims the award-winning singer is petrified of being alone and would often insist that her former assistant, Angela Ciemny, share her bed.

"We would do our make-up together every morning and get ready for bed together at night," Ciemny says in the book Poker Face: the Rise and Rise of Lady Gaga.

Ciemny says that when she would try to head back to her own room, the singer would throw a fit, insisting she stay.

"Gaga couldn't sleep without someone next to her in bed," according to the book.

METRO

Lady Gaga.

Are Miley Cyrus and her ex beau back together again?

Miley Cyrus

It looks like Miley Cyrus' breakup from Liam Hemsworth was short-lived.

The pair were spotted recently in Los Angeles, and sources say they're definitely back together.

"They acted like they had missed each other, kept chatting and seemed to be catching up. They definitely seemed like a couple again," said the source. METRO

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A SPECIAL METRO REPORT PRESENTED BY FIRST RESPONSE

Exploring sex and everything that goes along with it.

Landin Hollis (ndeliciousbass), Flickr

There's a name for that

Sorting through today's relationship labels

There seems to be a label these days for everything. No matter what you're doing (or not doing) with someone, you can be classified as being in a specific type of relationship. Even if you're not married!

The two most common types of non-exclusive relationships are one-night stands and friends with benefits (or "frenefits"). Now, these two arrangements come with both advantages and pitfalls. For example, two friends hooking up can be a lot of fun because you already know you like each other, but too often one partner will start to develop feelings for the other—and many friendships have been ruined as a result. Alternately, having a one-night stand can be satisfying, but mixing such activities with alcohol almost invariably leads to regret for at least one party. And it's often tricky to get out of there without leaving your phone number—even if you don't want to.

Another trend that's become prevalent these days is serial monogamy (a consecutive series of exclusive sexual relationships), according to Alex McKay of The Sex Information and Education Council of Canada. Sounds romantic, right? Surprisingly, however, these relationships carry a health risk: Many couples begin with the use of barrier contraception (like condoms) but, as the relationship develops, they move on to oral (or other non-barrier) contraceptives. "If you have, say, five relationships like that," he suggests, "by the fifth relationship, as soon as you move on to the Pill, you're basically having unprotected sex with five sexual partners." Still sound romantic?

Even if you're not with anyone at the moment, you're eligible for a very elite status: Single and loving it. Oddly enough, this can often be the most fulfilling arrangement. Too often, people go from one relationship to the other, often beginning at a very young age, without taking time to learn about themselves and what they want as an individual. So if you find yourself single, don't be afraid to love it—and yourself!

But no matter what label's been slapped on your own special arrangement, don't forget to respect yourself and the person you're with. Make sure that the terms clear to you both and be open and honest about your feelings before anything happens. That way, nobody gets hurt and you'll be free to enjoy whatever benefits your particular label provides—without the drama. And don't forget to always play safe!

Know your barriers

Choosing a method of contraception is a matter of personal choice and lifestyle needs. According to a report on contraceptive use among Canadian women (available at www.sexualityandu.ca), the two most common contraception methods are condoms and oral contraception (or "the Pill"). The Pill has an efficacy rate of 92–99.7% in preventing pregnancy, the same as the transdermal patch (which you wear) and vaginal ring (which you insert) and comparable to injectable contraceptives ("the Shot"). The patch, the ring, and the shot are available by prescription. Each comes with its own responsibilities and potential side effects, since they contain hormones that prevent a woman's ovaries from releasing eggs; to find which one suits you and your partner best, make sure to talk to your doctor.

There are other methods for preventing pregnancy that are available at your local drugstore as well, such as spermicides that disable sperm (71–82% efficacy) and "sponges" that absorb sperm for up to 12 hours (68–91%). But as your best line of defense against both STIs (sexually-transmitted infections) and unplanned pregnancies, the condom is really the powerhouse of the contraception world (with an efficacy rate of 85–98% in preventing pregnancy). They're cheap and portable, don't contain hormones or medication, and are available in most stores (and some washrooms). And yes, we've probably all known guys (and some girls) who don't want to use them. But for your sake, as well as for the sake of your partner, you might want to take a second look.

Whatever contraceptive method you use, it's important to get the facts as to how to use it properly.

Even just looking at one brand of male condoms, there is a product for every argument. For guys who think that condoms reduce sensitivity, they can choose between Very Sensitive, Thintensity, and Naked Sensations options. If you feel that the condom is too tight (some guys actually don't know that they're bigger than average!), www.trojan.ca lists nine Magnum versions of their regular-sized products. For girls who don't find that condoms do anything for them, there's Her Pleasure line in Ultra-Ribbed, Ultra-Sensitive, and Warm Sensations. And for anyone with a sensitivity to latex, Supra condoms are made of ultra-thin polyurethane. So really, there's no excuse not to play safe!

Whatever method you use, it's important to get the facts as to how to use it properly. www.sexualityandu.ca is a great resource to learn how to put on a male or female condom, how to use a dental dam and you can also find tips like checking the expiry dates on your contraceptive products. And there are many more safe-sex methods available—check out the site for more details and efficacy rates. But remember, contraception is a responsibility that is shared by both parties, so make sure it's a decision you both agree with. And nobody ever said that you can't use more than one method!

Chepe Nicoli (ChepeNicoli), Flickr

Sex by the numbers

Here's a snapshot of some sex habits of Canadians – young and old:

⇒ Average age of first sexual intercourse; 16-18 years

⇒ Percent of Grade 11 students reporting having oral sex at least once: 52 (F); 53 (M)

⇒ Number of times per month women aged 26-35 years have sex: 8 - 12

⇒ Number of same sex couples in Canada: 45,300

⇒ Rate of teen pregnancies: 38.2 per 1,000

⇒ Number who have had 20 or more sex partners: 12 (33% had 2-5)

⇒ Number who would rather give up sex than the Internet: One-third

SOURCES: Statistics Canada; It's Canadian Youth Sexual Health and HIV/AIDS Study (2003); sexuality.about.com by Cory Silverberg; 2006 Canadian Census, sexualityandu.ca; Yahoo 15 Year Anniversary Survey (Ipsos)

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State of the nation

September: End of summer and back to the rat race at work or school. Some things rarely change.

It looks like the same goes for our sex habits. Research indicates that while Baby Boomers broke free-love barriers back in the 1960s, sexual behaviors have stayed pretty much the same ever since. For example, the average age at which Canadians first have sexual intercourse – 16-18 years – has remained the same for the past four decades.

The idea that kids today are hopping into bed at every turn is an exaggeration

The idea that kids today are hopping into bed at every turn is an exaggeration, to say the least. Research suggests that teens today have fewer lifetime sex partners. They may, however, be turning to oral sex instead of intercourse as rates of this practice among high school students are rising.

Teens – and their parents, too – may also be turning more to sex toys. One US survey showed that half the people surveyed used a vibrator, and Canadians are probably no different, says Cory Silverberg, a certified sexuality educator in Toronto. "If anything, it's possible that the combination of our slightly less neurotic attitude to sexuality, along with our long cold winters, could translate into higher sex toy use."

So we're fooling around just like couples have done from time immemorial. "Look at the earliest pornography and you'll see that our great-great grandparents were as kinky as we are," says Silverberg.

What has changed is our comfort level with our sexuality – and that applies to young people, too. One survey found that about 8% of teens don't consider themselves "straight". Schools are pushing to make the academic environment safer for students to "come out" as gay, lesbian or transgendered, says Kristopher Wells, an expert in sexual minorities at the University of Alberta.

In general, the sexual health of all Canadians has steadily improved over the years, says Alex McKay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "Sex is not so much this hidden taboo topic that it used to be." We're getting more sex info at school and on-line, we're using contraceptives more often, and teen pregnancy rates have dipped to their lowest level ever, he says.

Where we find our mate probably represents the biggest change in Canadian coupling habits. On-line, it seems, is where it's at when it comes to finding the perfect boy (or girl) next door. "Mobile dating sites that use location-based technologies let you find someone not just in your city or town, but someone who happens to be at the same coffee shop as you," says Silverberg.

The pyjama game

Everybody knows that you don negligees and silk boxers when you're feeling sexy between the sheets, but what do other kinds of nightwear say about you?

Robert McDonald (38259388@N00), Flickr

Men's pyjamas: These are the two-piece, button-down kind with pants. If you wear them, you're more interested in comfort than sensuality. To spice things up, men should do away with the shirt, and ladies can replace it with a slinky tank top.

Underwear: You're comfortable in your own skin, but you also like to leave a little to the imagination. Everybody likes a mystery, right?

Nothing: You are a free spirit with nothing to hide and are ready for anything. Just make sure you have a robe handy so you'll be ready for an unforeseen knock at your door.

Footy Pyjamas: You're a kid at heart. But don't expect to be getting any in that getup. Seriously.

STIs: The stats and the facts

You've probably heard about the skyrocketing rates of sexually transmitted infectious (STIs).

Fact: In 2008, there were 82,919 reported cases of chlamydia in Canada, an increase of 80.2% from 1999.

Fact: The rate of gonorrhea increased, too, by 116.5% between 1999 and 2008.

Fact: About 75% of us will be infected with the human papilloma virus (HPV) at some point in our life.

But the statistics don't paint the true picture. For one thing, more people are coming forward for testing and the tests today are much more sensitive, says Dr. Gayatri Jayaraman, Manager of Surveillance and Epidemiology, Center for Communicable Diseases and Infection Control, Ottawa.

While the overall prevalence of STIs is high, this has been the case for years, says Alex McKay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "People focus on distorted STI statistics to claim that sexual health is getting worse and that's completely misrepresenting the facts."

What is truly alarming is our "abysmal" knowledge about STIs, says McKay.

STIs are spread through vaginal, oral or anal sex as well as through sharing sex toys or needles. Symptoms can include unusual discharge, burning sensation when urinating, pain or sores in the genital area, itching, unusual bleeding, and a strong odor.

But some people who have an STI have no symptoms. The only way to know if you're infection-free is to get tested. But note that basic testing doesn't include the two most common STIs: Herpes simplex virus (HSV) and HPV.

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3 life

Cellphone app

Doctors are hoping to employ the ubiquitous communications device as a means of diagnosing and treating mood disorders among the adolescent set. Researchers at Sunnybrook Health Sciences Centre in Toronto have developed cellphone software that would allow teens to record mood changes as they occur.

THE CANADIAN PRESS

Stents may double risk of stroke or dying in older patients compared to surgery

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Breaking the wave

Get your wetsuits out and head for the shore. Cameron Diaz swears by it — and she has her toned figure to vouch for its effectiveness

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METRO WORLD NEWS IN LONDON

Surfing instructor Clayton Beatty talks us through the varying degrees of fitness needed when riding the waves:

The challenges of surfing

Paddling endurance

Duck diving: Diving under an oncoming wave. Timing your paddle into a wave

Popping up (take off): Making sure you pop up quickly and stay low to keep a low centre of gravity for better balance.

The muscles engaged

Paddling: The shoulders and upper back muscles.

Duck diving: The chest, arms and core muscles.

Popping up or takeoff: Chest, arms, core muscles and balance.

Surfing a wave: Legs (mainly your quads, glutes, hamstrings) and core muscles.

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▶ Hold on for fitness.

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How to get rid of your man boobs

More men are sporting cleavage than ever before, which means an increase in breast-reduction surgery

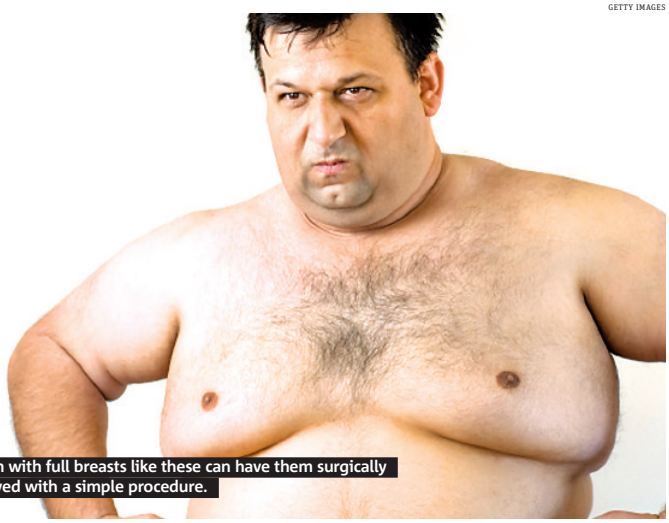
HEIDI PATALANO
wellness@metronews.ca

While breast-enhancing surgery has become almost a norm for women, men are also heading to the plastic surgeon's office more often — to have man-boobs (moobs) removed.

That fact shouldn't be too surprising, considering that each year the obesity epidemic continues to grow. The U.S. Center for Disease Control and Prevention recently released a study that showed nine states increasing their obesity rates by 30 per cent, which is triple the number of states that reported such a high percentage in 2007.

However, hormonal issues can also cause the growths, which in that case fall under the umbrella of a medical condition known as gynecomastia. A test is required if a hormonal imbalance is a possible cause. Dr. Bill Johnson, plastic surgeon at Innovations Medical in Dallas, Texas, explains.

GETTY IMAGES



▶ Men with full breasts like these can have them surgically removed with a simple procedure.

"Any man that's having a discharge from his nipples, that's definitely a sign that you need to have an evaluation," he says. "Also, folks that have very large breasts that aren't particularly overweight or particularly heavy anywhere else."

The surgical solution

HEIDI PATALANO
wellness@metronews.ca

Not only are men sporting more cleavage these days — the surgical options to have them removed have been streamlined to the point where the procedure is safer, easier and requires less recovery time.

"The popularity has grown quite a bit in the last two or three years because the tools have gotten better," adds Johnson.

He says on average, he performs male-breast removal two to four times a month.

"No one would know by looking at them that they ever had a procedure like this. They don't need to take a lot of time away — just a couple of hours in the afternoon," adds Dr. Amiya Prasad, plastic surgeon and spokesman for the American Academy of Plastic Surgery.

Surgery generally costs between $5,000 and $15,000 US Prasad stresses that in no uncertain terms should anybody look to cut corners on costs.

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Putting patients to sleep from abroad

McGill team helps pioneer remote anesthesia Hints at applications

Forget about falling asleep at the drop of a hat — how about at a click of a button?

In what's being billed as a world first, McGill University researchers partnered with a team from Pisa University in Italy in pioneering a way to administer anesthesia without being in the same room — or even on the same continent — as their patients.

During a two-week period, Dr. Thomas Hemmerling and his team from McGill's department of anesthesia treated 20 patients undergoing thyroid gland surgery in Italy, remotely from Montreal. The duration of the surgeries in the pilot project varied from between about 45 minutes and three hours.

The approach is part of a new technological advancement known as teleanesthesia. It involves engineers, researchers and anesthesiologists administering drugs intravenously, which are then controlled remotely through an automated system.

There were two automated systems in place in both Montreal and Pisa, so if a video or Internet link was interrupted, the local automated system could still be taking care of anesthesia, Hemmerling said. The local team could override the administration of anesthesia at any time.

THE HANDOUT/THE CANADIAN PRESS

▶ Anesthesia cockpit in Montreal controlling anesthesia in Pisa.

"Just imagine if in some African countries you could install locally an automated system, and you could then in addition either remotely control it, or at least be the remote backup"
DR. THOMAS HEMMERLING,
SPEAKING ABOUT THE POSSIBILITIES OF REMOTE ANESTHESIA

Hemmerling noted that in some African nations, there are fewer than 10 anesthesiologists in each country, and anesthesia care is often provided by nurses.

"Just imagine if in some African countries you could install locally an automated system, and you could then in addition either remotely control it, or at least be the remote backup," he said.

"I'm sure you could increase quality or safety of the patient care."

THE CANADIAN PRESS

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ISTOCK

▶ One doctor is showing that you can still eat the foods you like and lose weight.

You are not what you eat

Doctor goes on all junk food diet to prove a point

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO TORONTO

You can have your cake and lose weight too.

Curbing obesity is all about eating less — and you can choose naughty foods if you like, according to Dr. Mark Haub (PhD), a professor of nutrition at Kansas State University.

To prove it, he's eating cake and junk food for a month.

Haub is promoting the idea that diets fail because they don't take individual preference into account.

For his experimental diet, he aims for 1,800 calories a day.

He looks after his basic nutrition needs with multivitamins, a few vegetables and some milk and protein drinks.

But the other 70 per cent to 80 per cent of his diet is junk — snack cakes, hot dogs, peanut-butter chocolate bars, chocolate cake rolls, breakfast pizza, donuts, chips and sugary cereal.

"The premise is very simple," he says, "eat less energy than expended."

Haub had high cholesterol when he started the diet in late August. Two weeks later, Metro contacted him to see how he was doing. He had lost 10 lbs and his cholesterol levels and blood glucose levels had improved.

"Now my cholesterol values are normal, which surprised me as I was not expecting such a dramatic improvement in just two weeks."

While he doesn't suggest people pig out on junk food, he does feel that foods notoriously known to ruin diets may be OK in moderation.

"I'm not promoting this or recommending it; it's just an exercise in nutrition," says Haub, who teaches undergraduate students.

He feels that instead of telling people what not to eat, a better way to reduce obesity is to encourage people to keep their calories in check, and to fortify popular foods with nutrients.

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DO YOU NEED **A DETOX?**

	YES	NO
Are you often tired?	■	■
Do you get headaches frequently?	■	■
Do you have a hard time losing weight?	■	■
Are you bloated or retaining water?	■	■
Mental cloudiness?	■	■
Is your skin getting bad?	■	■

These symptoms above are some of the most common signs of toxic overload, and detoxing once or twice a year is often recommended as a solution. In a recent study of 116 women in the UK, 70% were satisfied or very satisfied with the results from their Biofirm detox.

I unjunked my body!

Lina works in the fitness industry in Ottawa and recently came across an article on detoxing. Here is her story;

"I was having a hard time losing those stubborn extra pounds and I was tired a lot, which showed in my face. So when I came across a Biofirm story in the local newspaper, it made me curious.

It definitely made sense to me that we get tired and bloated from too many toxins in our foods and from our environment. But I didn't know that it made us gain weight! So I purchased a box of Biofirm and took the recommended 6 tablets a day for a month with lots of water and high-fibre foods. I was determined to unjunk my body!"

I lost 11 pounds on the detox!

"In the first 4 weeks I lost 7 pounds. I definitely felt lighter and my skin was looking great – I was glowing! I had read that it could be unpleasant to take Biofirm but I actually enjoyed it, especially because you are still able to do your daily duties. You don't have to stay home or do it on the weekends.

After the 30 days detox, I wanted to continue, so I bought another 14 days of tablets. Again, I lost another 4 pounds and my clothes were getting very loose! I was thrilled - and the great part is that I didn't have to exercise vigorously for 6 weeks!!"

– Line B., Ottawa

DETOXING: A GREAT WAY TO START A HEALTHIER LIFE

Everyday, our bodies are exposed to toxins from the air we breathe, the water we drink and especially the processed foods we eat. If our bodies get overburden with toxins, our liver suffers and we start seeing the effect on our health; Our skin is affected, we get tired, we retain water, get headaches, digestion problems, bad breath and find it especially hard to lose weight.

Researchers have now discovered the biological cause of those stubborn pounds; Toxic particles bind water in the bodies' soft tissue and inhibit your metabolism from burning fat efficiently. The Conclusion: To lose weight, you must first cleanse your body!

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or visit us at www.newnordic.ca

Tasty, not cheesy

There's more than one way to serve up broccoli And this tasty vegetable is at its best right now

When it comes to broccoli, there really is flavour beyond cheese sauce.

Not that cheese sauce is a bad way to mask some of the sulphurous smell and assertive flavour many people object to with this wonderfully healthy vegetable. But there are healthier ways of dressing it up, as in this savoury, salty sauce made from olives, capers and lemon juice.

While broccoli is always available, it is at its best in late summer through early winter. Look for bunches that are dark green with tightly closed florets. Avoid broccoli that is limp, yellowing or has a too strong an odour.

Preparation is simple — rinse the broccoli thoroughly and separate the stalks from the florets.

To achieve the most evenly cooked broccoli, always cut the florets into consistently sized pieces.

To steam, put broccoli in a steamer basket set over a large saucepan filled with about 2.5 centimetres (one inch) of water. Cover and steam until tender.

THE ASSOCIATED PRESS

▶ Broccoli can be steamed, roasted or cooked in a microwave.

Broccoli With Lemon, Olive and Caper Sauce
Preparation:

1. In a medium saucepan fitted with a steamer basket, bring 2.5 cm (1 inch) of water to a bowl. Steam broccoli until tender-crisp, 4 to 5 minutes.
2. Transfer broccoli to a serving bowl, cover and set aside.
3. Meanwhile, in a small saucepan over medium heat, melt butter. Add oil and garlic and cook, stirring, for 1 minute. Stir in olives, lemon juice and capers and cook until heated through, 1 to 2 minutes.
4. Pour sauce over reserved broccoli and season with black pepper. Toss well to coat. Makes 4 to 6 servings.

Ingredients:

Broccoli With Lemon, Olive and Caper Sauce
- 1 l (4 cups) fresh broccoli florets
- 5 ml (1 tsp) butter
- 15 ml (1 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 50 ml (1/4 cup) sliced kalamata olives
- 45 ml (3 tbsp) lemon juice, or to taste
- 15 ml (1 tbsp) capers, rinsed
- Ground black pepper, to taste

Kids will love yummy Cheeseburger Salad

This mini cheeseburger salad is the perfect tiny treat for your favourite tots. The combination of kid-sized burgers, nutritious veggies and cheese makes a fun and fresh dish that they will not be able to resist.

Mini Cheeseburger Salad
Preparation:

1. In a bowl, lightly combine beef, breadcrumbs, steak sauce, onion and egg. Lightly fold in shredded cheddar cheese. Gently form into four 2-cm (3/4-inch) thick patties.
2. Grill over medium-high heat on lightly oiled grill for 5 to 7 minutes per side or until digital instant-read thermometer inserted sideways into centre of patty reads 71 C (160 F).
3. Top iceberg lettuce wedges with cooked patties, halved grape tomatoes, shredded cheddar and sliced dill pickles. For salad dressing, combine Thousand Island Dressing with yellow mustard. Makes 4 servings.

Ingredients:

Mini Cheeseburger Salad
- 500 g (1 lb) lean ground beef sirloin or chuck
- 50 ml (1/4 cup) dry breadcrumbs
- 30 ml (2 tbsp) steak sauce
- 1 small onion, finely chopped
- 1 egg, lightly beaten
- 125 ml (1/2 cup) shredded cheddar cheese

Salad
- Iceberg lettuce, grape tomatoes, shredded cheddar cheese, dill pickles

Dressing
- 125 ml (1/2 cup) Thousand Island Dressing
- 50 ml (1/4 cup) yellow mustard

▶ Mini cheeseburgers and fresh veggies make a fun dish.

KAPLAN TEST PREP AND ADMISSIONS

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World MBA Tour – Thursday September 16th
Vancouver Convention Centre 5-9 pm
Register at: http://tinyurl.com/24mrmqv

- Meet MBA admissions officers and alumni of the world's top business schools
- Attend GMAT and Admissions Strategy Workshop $5 online or $10 at the door

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Vancouver Convention Centre 4-8 pm
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- Participate in expert chat and admissions seminars FREE!

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Cider: Gotta love it

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

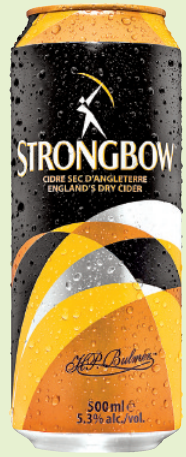
With our ties to the United Kingdom and a propensity for apple production you'd think Canadians would drink more cider. Having just been to Ireland, it was hard not to notice its popularity there: what with huge billboards advertising the bigger cider companies all over the country.

What makes its lack of popularity here even stranger is that we're talking fermented apple juice here folks: You couldn't find a more familiar flavour or one that is so food-friendly.

England's Strongbow (500 ml, $2.95 - $3.31) with its light, dry personality and refreshing finish is arguable the most famous cider in the world. That said, Gaymers Original (500 ml, $2.95 - $3.56) — also from England — has been around since 1770. It's slightly sweeter with a nice mature apple character that lingers on the palate.

While these two are huge international brands; regional cider production across Canada is at an all time high. Check out your neighbourhood liquor store or farmer's market to see what unique local styles are available in your area.

Prices reflect the range across the country. Some products may not be available in all provinces.



Finding friendship after losing your soul mate

A program at Indiana University allows medical students to meet the family of the donor they will be working on Once reluctant, Jim Purcell finds closure

THE ASSOCIATED PRESS

▶ Lucas Buchler, centre, was among the medical students who ended up forming a friendship with the family of one of the donors he worked on.

Dot Purcell always knew she would donate her body to science. Even when young, the mother of 11, a doctor's daughter, would say, "there's something good in here" that might help others.

Every year, thousands of people donate their bodies to science, becoming an essential part of hands-on medical training.

Donor protocol usually calls for some distance. Which is why the story of what happens at Indiana University Northwest, where Dot's body ended up, is so unusual.

At the tiny medical school, medical students are told the donors' names, given their medical records and encouraged to get to know their families.

So last October, a year after Dot's death at age 86, Her husband, Jim Purcell got a letter from the school. Dot's body, donated to the state anatomical gift association, had been sent to the school, just 15 kilometres from the family's home, and they were invited to meet with the four first-year medical students who would be working on her.

When the day arrived, there were more than just polite handshakes. The businessman in Jim Purcell approached it like interviewing a job candidate, and he grilled the students.

"They have been very thorough in telling me what happened and why, which was very comforting to me."
JIM PURCELL

For first-year medical student Lucas Buchler, it was a genuine desire to help people that made him want to be a doctor. He found Purcell's questions welcoming. "I could tell by how he listened to our answers he had a genuine interest,"Buchler said. "It was wonderful for us."

Throughout the semester, while working in the dissection lab, the students kept in touch with the Purcells, gaining an understanding of the family's deep grief while getting to know who Dot was.

She was an uncommon mix of elegant and practical, a buoyant blond who met Jim while they were in college — he at Notre Dame, she at its sister school, St. Mary's College.

She loved books and music, going out on the town with her husband and ice-skating with her kids. She had a great sense of humour, and taught her children to challenge everything.

"We knew right away that they clicked with my mom,"Mike Purcell, Dot's youngest son, said.

Buchler, especially, clicked with the Purcells. Since that first meeting, and even after the semester ended, he's been in weekly contact, by email, phone or personal visits, with Jim and Mike. First, it was to fill them in on what he was learning in class; now it's to keep them updated on research he's doing.

Buchler says learning about Dot the person has helped what he's learned in the lab make more sense.

Late in life, Dot developed unusually hard patches of skin on her calves. She never got a diagnosis. Studying tissue samples under the microscope, Buchler's team found bone tissue had developed deep inside the skin — an extremely rare condition that he will describe in a research paper.

Jim Purcell was particularly hesitant. "All he thought about was all the chopping and cutting,"Mike Purcell says.

Body of knowledge

- The students discovered Dot had a bone abnormality called Charcot foot, which explains why her feet were always so painful and swollen.
- The foot condition is common in diabetes, and Buchler says the knowledge he's gained from Dot will help him treat future patients with the disease.

But the Purcells are glad they attended. They are Roman Catholic but never had a wake or funeral – donated bodies must be whisked away right after death to be properly preserved. The ceremony in that dissection room helped move them closer to closure.

The students read letters of appreciation to the six donors present. And a member of the clergy spoke of God and the afterlife.

Buchler smiles broadly when Jim says Dot "would have been thrilled with the whole process. She would have loved these students."

Jim says now he's even considering donating.
THE ASSOCIATED PRESS

LOVE LAWN

▶ Jade and Liam met while cutting grass – and the rest is history.

How We Met: Jade & Liam

Names: Jade, 25, and Liam, 28

Hometown: Coldstream, B.C.

Together since: 2009

Their story:

"I (Liam) met my wonderful princess while working long, hard hours mowing lawns at a prestigious golf resort in Vernon, B.C. Along comes Jade, this petite girl with a resumé, looking for summer work...

It was my second year at the resort, and I knew the work was rough. Along comes Jade, this petite girl with a resumé, looking for summer work. We had an opening for a mower. I didn't think she would last a week, though I hoped she'd be around for the season! I flirted more than train her, and I was soon hooked. She lasted more than a week; more than a month–she made it the entire season! Our days sweating under the hot sun turned into the beginning of a wonderful relationship. A season mowing lawns and half a winter later, we're living together. Jade and I are happy as can be, and we owe it all to cutting grass."

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

BABY TALK

Your family is your most precious asset and you "invest" in the lives of your children by providing love, support, food, clothing, shelter, safety, and education. But, from a financial perspective, children are considered a cost. North American families spend approximately $150,000 to $250,000 to raise one child. This doesn't include post-secondary education, just the costs associated with providing for a child's basic needs until he or she turns eighteen.

But, don't avoid having, adopting, or raising children because of the cost. Just be aware that children require a significant investment of your time, your love, and your dollars. It's easier to provide these things when you're in good financial shape and can afford the time and energy.

Before you get pregnant or sign the adoption papers, prepare yourself for the adjustment. Households that have children spend approximately 20 per cent more than households that don't.

So, if you haven't created a budget, do it! It's important to factor in the increased costs of food, clothing, daycare, RESP contributions, and insurance. And, if you buy a bigger house or car, your payments might be higher. Also investigate what medical expenses you might incur throughout your pregnancy, birth and postpartum, and any related to adoption.

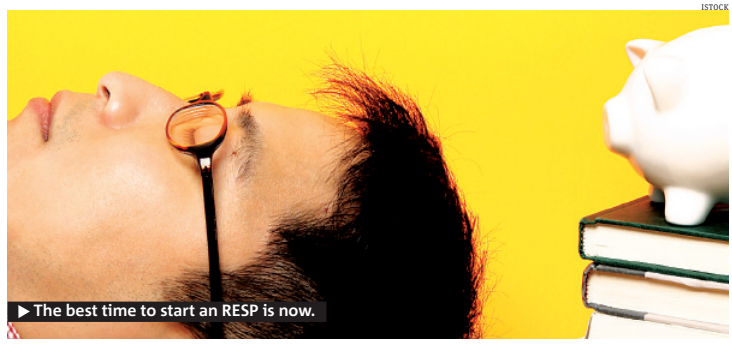
Next, ensure you have a living and working situation that will allow you to make time for your kids. If you're working eighty hours a week, it's going to be hard to make time for your kids. On the other had, can you afford to cut back on hours? Check to see what type of maternity and paternity benefits you're entitled to receive. The government will compensate you somewhat for lost income (servicecanada.gc.ca — select resources for families and children), and sometimes your employer will help as well. But, more often than not, you'll bring home less money than if you worked full time. How will you make up the difference?

Update your will and insurance coverage.

A will is your chance to state what you want to have happen if you or your partner pass away. Insurance coverage helps you to protect your assets in the event that something bad happens.

If you decide to become a parent, have a clear understanding of the financial, physical, and emotional investment you'll make to raise a child.

ISTOCK



▶ The best time to start an RESP is now.

RESPs equal free money – don't wait

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Any moment now tuition bills are going to hit with a mighty thump. And lots of parents will be wishing they'd contributed more to their kids' RESP, Registered Education Savings Plan.

An RESP is the best deal going. Here's how it works. First comes the child, then you apply for a social insurance number and finally you open an RESP.

You can have individual RESPs for each child but there's no need. Keep it simple smartie! One account is much easier to handle.

The best part is the Canada Education Savings Grant. Most will receive 20 cents on every dollar contributed, up to $2,500 per child annually. You can't beat that return these days.

High income earners will receive a bit less on the first $500 contributed and those with low incomes more. After that the CESG is the same for everyone. Over the life of the plan, you're allowed to contribute up to $50,000 per child and the Canada Education Savings Grant maxes out at $7,200.

One caution. RESPs are not all the same. Group RESPs may dazzle with visions of gold when its time for college. However, some of these plans are notorious for high fees and low returns.

Some sales pitches warn that with "other plans" you could lose your RESP contributions if your child doesn't go on to post-secondary studies. Not true.

You can transfer the funds to another child or withdraw contributions though, depending on your income, you may pay tax on interest or capital gains earned inside the RESP. And you will have to pay back the government grant. I'm a big fan of plain vanilla RESPs, the kind you open at most major financial institutions. Fees are low and your investment options are wide.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.75%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

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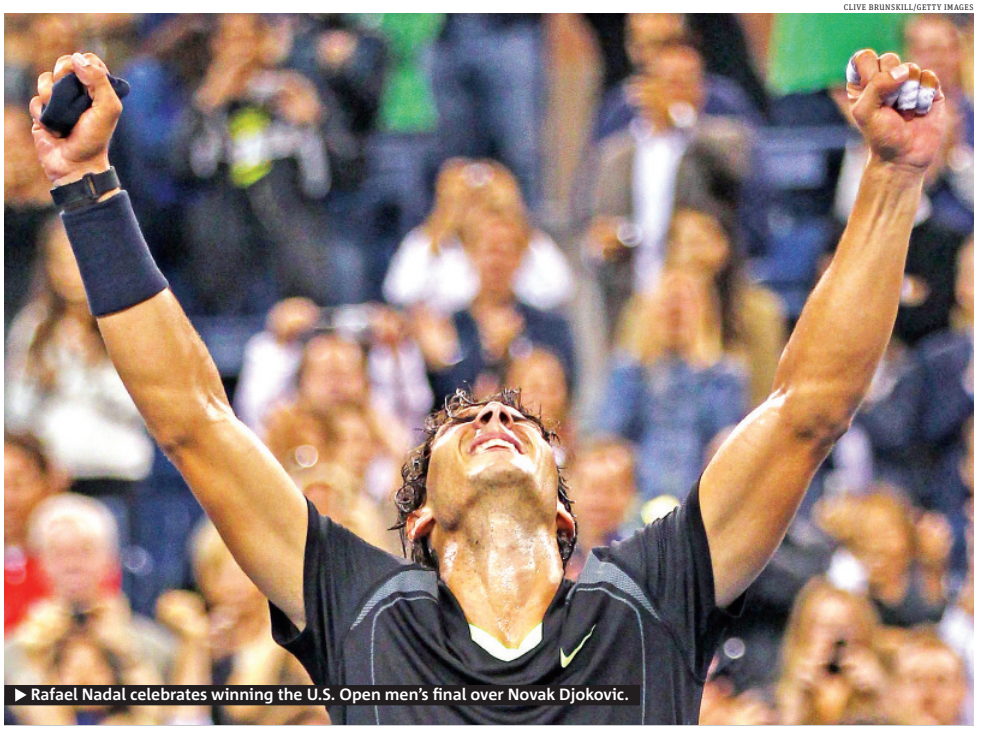
Nadal finally conquers U.S.

- Spaniard wins his first U.S. Open and completes career Grand Slam
- Beats Djokovic in thrilling match to continue magical year on the court

CLIVE BRUNSKILL/GETTY IMAGES



▶ Rafael Nadal celebrates winning the U.S. Open men's final over Novak Djokovic.

The list was long. Everyone, even Rafael Nadal himself, tried to explain why he kept leaving the U.S. Open without a trophy, why it was the only Grand Slam tournament he hadn't conquered.

His grinding style exhausts him. The wind plays havoc with his spin-lathered strokes. The courts are too hard and too fast. The balls are too soft. And so on.

Two marvellous, nearly perfect weeks — and one thrilling victory in a tight final — make that all sound rather silly.

7

Nadal is the seventh man in tennis history with at least one title from each Grand Slam tournament.

Nadal won his first U.S. Open title last night to complete a career Grand Slam, beating Novak Djokovic 6-4, 5-7, 6-4, 6-2 in a match filled with fantastic shotmaking by both men and interrupted by a thunderstorm a day after it was postponed by rain.

It's Nadal's third consecutive major championship and ninth overall.

Rain pushed the men's final from Sunday to Monday for the third consecutive year, and play was interrupted for nearly two hours during the second set. When they resumed, Djokovic took that set, the only one Nadal lost in the tournament.

But the No. 1-ranked Spaniard quickly took a lead in the third set and never let it go. Viewed for quite some time as Roger Federer's nemesis, Nadal now has made his own greatness quite clear.

He stretched his Grand Slam winning streak to 21 matches by adding the U.S. Open to his titles at the French Open in June, then Wimbledon in July.

No man had won those three tournaments in the same year since Rod Laver won a true Grand Slam in 1969. Now Nadal heads to the Australian Open in January with a chance to claim a Rafa Slam of four consecutive major championships — something that also hasn't been done since Laver.

THE ASSOCIATED PRESS

Devils docked two draft picks

"We disagree with the decision. We acted in good faith and did nothing wrong. We will have no further comment."

DEVILS GENERAL MANAGER LOU LAMORIELLO, IN A STATEMENT RELEASED YESTERDAY

The cost of signing Ilya Kovalchuk ended up being more than the New Jersey Devils could ever have imagined.

A saga that dragged through the summer had one final twist yesterday night as the NHL came down hard on the Devils for trying to circumvent the salary cap. The league handed the team a $3-million US fine and docked it two high draft choices.

The punishment stems from the Kovalchuk contract that was submitted to the league in July.

Arbitrator Richard Bloch ruled the $102-million, 17-year deal was an attempt to get around the salary cap. The contract was to last until Kovalchuk's 44th birthday and featured a number of years at a reduced salary.

As a result, the Devils will pay the hefty fine and forfeit their third-round draft pick in 2011 and a first-round selection in one of the next four drafts. It will be up to New Jersey to choose which one.

THE CANADIAN PRESS

Ravens upstage Jets in their new home

10	9
RAVENS	JETS

The Baltimore Ravens gave the New York Jets some hard knocks — real ones.

The Jets intrigued audiences in the pre-season with their no-holds-barred, behind-the-scenes TV show, but it was the Ravens who grabbed the spotlight last night with a 10-9 win.

They held New York to 176 yards, six first downs, allowed Mark Sanchez just 74 yards passing and kept Rex Ryan's crew out of the end zone.

For those urging the Jets to put up or shut up, well, it was Baltimore that produced most of the highlights in a sloppy opener of New York's new home.

The $1.6-billion US New Meadowlands Stadium rocked with J-E-T-S chants, then the Ravens rocked Ryan's defence with enough big plays to silence the crowd of 78,127 — if not the talkative coach and his players.

Billy Cundiff's 25-yard field goal in the third quarter provided the winning points, with Anquan Boldin, Baltimore's main off-season acquisition, gaining 65 yards on two passes against first-round draft pick Kyle Wilson.

THE ASSOCIATED PRESS

HENNY RAY ABRAMS/THE ASSOCIATED PRESS

▶ Ravens linebacker Ray Lewis reacts to a play last night.

4 sports

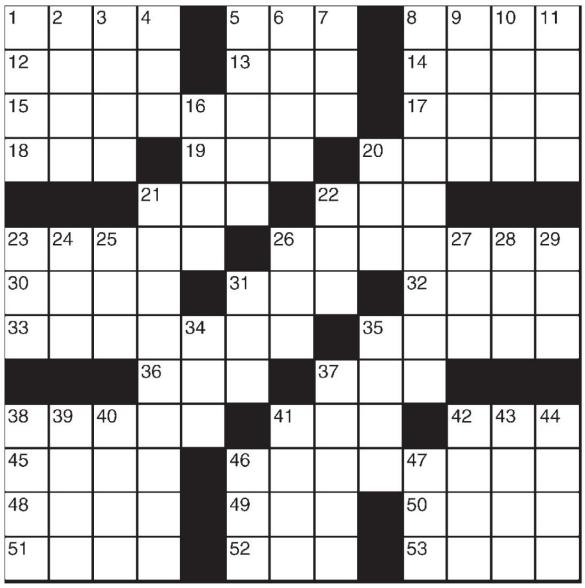
Sports in brief

1. Allen Iverson is considering playing in China.
2. A league source requesting anonymity said Eric Tillman has officially been hired as the new general manager of the Edmonton Eskimos.
3. Deion Sanders is among the first-year eligible candidates for the Pro Football Hall of Fame.

METRO

Scan code for more sports

Crossword



Across

1 50 per cent
5 Old airline letters
8 Church section
12 Needle case
13 Charged particle
14 Manhandle
15 Thyme partner
17 Tarzan's clique
18 Make a choice
19 Branch
20 Fad
21 Secretive org.
22 21-Across employee
23 Piece of information
26 Big fans
30 Responsibility
31 Whammy
32 Actress Turner
33 A power of two
35 Swell
36 Rowing prop
37 "Mayday!"
38 "Danaë" painter Gustav
41 Urban transport
42 Tackle the slopes
45 Houston acronym
46 Its motto is "Manly deeds, womanly words"
48 Eastern potentate
49 Work unit
50 Actor Jannings
51 Simple
52 Tiny
53 Apportion (out)

Down

1 Medal earner
2 On
3 A deadly sin
4 "Curse you!"
5 Pageant winner's crown
6 Apple dweller?
7 Whatever number
8 Autumn bloom
9 One of the Three Bears
10 Mideast canal
11 Otherwise
16 Cripple
20 Bookkeeper (Abbr.)
21 Typical
22 Gender
23 — and don'ts
24 Blackbird
25 "Monkey suit"
26 Buddhist sect
27 Lummox
28 Stick with a kick
29 Put into words
31 That woman
34 Dine
35 Inquisitive
37 Power glitch
38 Elbow counterpart
39 Dalai —
40 Wife of Osiris
41 Undraped
42 Unaltered
43 Wield needles
44 Between jobs
46 Kitten's call
47 Moon vehicle

▶ Yesterday's answer

W	A	S			E	L	F		B	A	B	A
A	C	T	S		A	I	R		I	C	O	N
T	H	O	U		T	E	A		R	E	A	D
T	E	P	I	D		U	N	I	T			
			T	U	B		C	O	H	E	R	E
P	R	A	Y	E	R	S		U	D	D	E	R
L	O	B	O		A	I	M		A	G	A	R
U	S	E	U	P		P	L	A	Y	E	R	S
S	A	T	R	A	P		B	U	S			
			S	T	U	N		K	U	D	O	S
A	L	O	E		L	O	G		I	O	T	A
S	O	U	L		S	E	E		T	U	T	U
S	U	R	F		E	L	M			P	O	L

Sudoku

	5		1					
		4		6				5
		1		7	8	2	9	
		8						1
	3	7		8		9	2	
2						4		
	8	6	3	4		1		
5				9		6		
					2		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	2	7	1	8	3	6	4	9
9	6	4	5	7	2	3	8	1
3	8	1	6	4	9	2	7	5
2	3	8	9	6	7	1	5	4
1	4	9	8	2	5	7	3	6
6	7	5	4	3	1	9	2	8
8	9	3	7	1	4	5	6	2
4	1	2	3	5	6	8	9	7
7	5	6	2	9	8	4	1	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my dearest Helen, you are simply amazing. I love the way you smile, and how warm your heart is. I will always love you each and everyday. Muah, you are beautiful. I love you.
CURTIS

To my one and only Dee bear. Your unique cheeks and smile are all I need to brighten up my day.
LOVE ALWAYS, EVAN XX.

Chippster, I'm in love with you. This could be way too late, or you could just never see it. Its a chance I'm willing to take. Your my heart. Was I yours?
YOUR WS, XOXO

I love you my handsome monkey angel without wings! I cannot wait to marry you! All my love forever,
GORGEOUS

Today 16°/12° Sunny
Wednesday 21°/15° Cloudy 40%
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For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 Your current situation may look chaotic but if you stand back and look at it from a distance you should be able to see a pattern beginning to emerge.

♉ Taurus April 21-May 21 The more you are on the move today the more likely it is you will find something worth knowing. If you can, take a friend along for the ride. What you discover together will double if not triple the benefits.

♊ Gemini May 22-June 21 You will get your way today, of that there is no doubt, but be careful that in getting your way you don't turn someone against you who really should have been on your side. Make allies, not enemies.

♋ Cancer June 22-July 22 If you have not done so already you should be making plans for the next week or so, and the bigger those plans are the better.

♌ Leo July 23-Aug.23 Don't worry if you are being held back by circumstances beyond your control because in a matter of days it won't matter any more. What seems such a big deal now is of no real consequence, so lighten up, and laugh again.

♍ Virgo Aug. 24- Sept. 22 You will start to believe that anything is possible — and you're right, it is. For too long you have let negative thoughts hold you back. Now be positive in everything you do.

♎ Libra Sept. 23-Oct. 23 Your energy may dip a little today but that is not an excuse to do less. It may take more of an effort and a bit more time to reach your goals but you will reach them all the same.

♏ Scorpio Oct. 24-Nov. 22 What changes can you make to bring more excitement and success into your life? You have the power to do as you please. Do only what pleases you.

♐ Sagittarius Nov. 23-Dec. 21 Don't focus on one thing to the exclusion of everything else today or you may miss out on the kind of opportunity that comes around only once in a lifetime. Keep your eyes and ears open, and be ready to act fast.

♑ Capricorn Dec. 22-Jan. 20 Listening is twice as important as talking and if you listen hard today you will hear something to your advantage. It may be something you are not supposed to know.

♒ Aquarius Jan. 21-Feb. 18 You are fired up with ambition and eager to show those around you what you can do. What is it you would like to change most in the world? Start changing it today.

♓ Pisces Feb. 19-March 20 You may be tempted to make big claims for yourself today, which could lead to problems later on when others discover that your experience is actually quite limited.
SALLY BROMPTON

Caption contest

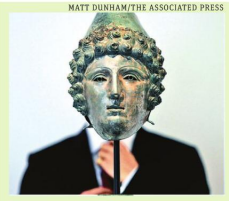
CHARLES KRUPAR/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MATT DUNHAM/THE ASSOCIATED PRESS



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AIR CANADA VACATIONS

Deals of the week

NON-STOP FLIGHTS

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
Nov. 13 • 1 wk.
$819
+Taxes & other fees (including service charges): $285

Gran Bahia Principe Coba • 5★
All-Inclusive
Junior suite
Nov. 13 • 1 wk.
$899
+Taxes & other fees (including service charges): $285

Los Cabos

Royal Solaris Los Cabos • 4★
All-Inclusive • Deluxe rm.
Dec. 19 • 1 wk.
$1399
+Taxes & other fees (including service charges): $278

MEXICO

Puerto Vallarta/Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Nov. 6 – Dec. 11 • 1 wk.
$969
+Taxes & other fees (including service charges): $276

Ixtapa/Zihuatanejo

Barceló Ixtapa Beach • 4★
All-Inclusive • Superior rm.
Jan. 8, 15 & 22 • 1 wk.
$1249
+Taxes & other fees (including service charges): $276

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 24 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1779
+Taxes & other fees (including service charges): $280

CUBA

Varadero

Iberostar Laguna Azul • 4 1/2★
All-Inclusive
Standard rm.
Jan. 7, 14 & 21 • 1 wk.
$1499
+Taxes & other fees (including service charges): $222

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Dec. 24 • 1 wk.
$1629
+Taxes & other fees (including service charges): $222

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 24 • 1 wk.
PRIVILEGES
$1949
+Taxes & other fees (including service charges): $280

FLIGHTS VIA TORONTO

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Sept. 19 & 26 • 1 wk.
PRIVILEGES
$649
+Taxes & other fees (including service charges): $326

DOMINICAN REPUBLIC

Samana

Grand Paradise Samana • 3 1/2★
All-Inclusive
Superior garden rm.
Nov. 7 – Dec. 12 • 1 wk.
$899
+Taxes & other fees (including service charges): $326

SAINT LUCIA

The Village Inn & Spa • 3★
All-Inclusive
Standard rm.
Oct. 2 – 30 • 1 wk.
$1429
+Taxes & other fees (including service charges): $249

USA

HONOLULU

Miramar at Waikiki • 3 1/2★
Malama rate - Deluxe rm.
Nov. 2 • 1 wk.
$669
+Taxes & other fees (including service charges): $142

CRUISE

Princess Cruise Line[1]

Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. JJ
Nov. 7 & 14 • 1 wk.
$1169
+Taxes & other fees (including service charges): $284

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